

Dancing with Parkinson's

This class engages the body, mind, and spirit in dance and movement designed to address the challenges of living with PD. With no prior dance experience required, you will learn to move to music in ways which are fun and easy to pick up. Dances provide practice with balance, flexibility, mobility, coordination, creative thought, and relaxation. All activities can be done standing or seated. Individuals with Parkinson's and their partners and caregivers are welcome!

Fridays, 1-2:30 pm
Aug 19-Nov 11, 2016
(12 Weeks / no class Oct 7)

Centennial Performing Arts Studios
211 27th Avenue North in Centennial Park

FREE*
(sponsored by Friends of Metro Dance)

[Register Now](http://dance.nashville.gov) to Reserve your Spot!
dance.nashville.gov

For Information Contact:

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OR

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Center of Excellence at Vanderbilt
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ABOUT THE INSTRUCTOR:

Julia Marx holds a Master's Degree in Dance/Movement Therapy and has completed the teacher training workshop offered by Dance for PD®. She previously taught dance classes for individuals with Parkinson's Disease in Boston, MA before moving back home to Nashville.